

High Life

Count: 48

Wall: 2

Level: Easy Intermediate

Choreographer: Mike Hitchen (UK) - September 2024

Music: High Life - Sacha



**2 Restarts

S1: Side Together Shuffle Forward, Side Together Shuffle Back.

- 1-2 3&4 Step right to side, Step left together Shuffle Forward RLR.
5-6 7&8 Step left to Side, Step right together, Shuffle Back LRL. (Restart)

S2: Rock Right Back Recover, Shuffle ½ Turn Left, Rock Left Back Recover, Step Flick.

- 1- 2 Rock right foot back, Recover to left.
3&4 Step right ¼ turn left, Step left together, Step right back ¼ turn left. (6.00)
5-6 Rock left back, Recover to right.
7-8 Step left forward, Flick right foot to right side.

S3: Cross Shuffle, Side Rock & Cross, ¼ & ½ Turn Left, Step ¼ Turn Left.

- 1&2 Cross right over left, Step left to side, Cross right over left.
3&4 Rock left to side, Recover to right, Cross left over right. (6.00)
5-6 Turn ¼ turn left stepping right back, Turn ½ turn left Stepping left forward. (9.00)
7-8 Step right forward, Turn ¼ turn left. (weight on left) (6.00)

S4: 2 ¼ Paddle turn left In A Circular Motion, Cross Side Sailor.

- 1-2 Step right forward, Turn ¼ turn left. (3.00)
3-4 Step right forward, Turn ¼ turn left. (12.00)
5-6 Cross right over left, Step left to side.
7&8 Cross Step right behind left, Step left to side, Step right to side,

S5: Cross ¼, ¼ Side Chasse, Cross Rock Side Chasse.

- 1-2 Cross left over right, Turn ¼ turn left Stepping right back. (9.00)
3&4 Step left ¼ turn left, Step right together, Step left to side. (6.00) (Restart)
5-6 Cross rock right over left, Recover to left.
7&8 Step right to side, Step left together, Step right to side.

S6: Cross Rock, &Touch Hold, & Touch, & Touch, Kickball Change.

- 1-2 Cross rock left over right, Recover to right,
&-3-4 Step left back, Touch right next to left, Hold.
&-5 Step right back, Touch left next to right.
&-6 Step left back, Touch right next to left.
7&8 Kick right forward, Step on ball of right, Step down on left.

Restart after 8 counts on 3rd wall restart

Restart after 36 counts on 6th wall restart

Finish on wall 8 facing 12.00 -16 counts when you do Shuffle 1/2 turn rock back do another shuffle 1/2 turn to finish at front

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